



# GI Symptom Tracker

This gastrointestinal (GI) symptom tracker is designed to help you understand the impact of GI symptoms and treatments on your everyday life. Share the information with your healthcare team. Thank you for your willingness to answer these questions.

*These questions are about your current health, as you perceive it. There are no right or wrong answers! If you are not sure how to answer, choose the response that seems closest to your situation. Please share these results with your CF care team.*

A. Please indicate the strength of the enzyme you are currently taking: \_\_\_\_\_

How many enzymes does your health care provider tell you to take with:

B. Each meal \_\_\_\_\_

C. Each snack \_\_\_\_\_

During the past week, indicate how often:

	Almost Always	Often	Sometimes	Never
1. Your appetite was poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. You had to rush to the bathroom because of GI problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. You felt bloated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. You had to stay on the toilet for a long time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. You had acid reflux (heartburn)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. You skipped a meal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. You forgot to take your enzymes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

During the past week, how *bothered* were you by:

	A Great Deal	Somewhat	A Little	Not At All
8. Fatty or greasy foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Taking enzymes in front of others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Constipation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Stomach ache	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Cramping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How often in the past week have you had:

	Almost Always	Often	Sometimes	Never
13. Gas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Loose stools	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. Bad-smelling stools	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. Greasy stools	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. Diarrhea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

During the past week:

18. How many stools did you have per day? (Please provide number or range): \_\_\_\_\_

During the past week, indicate how often:

	Almost Always	Often	Sometimes	Never
19. You were embarrassed about using a public bathroom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Almost Always	Often	Sometimes	Never	Does not apply
20. You forgot to take medications to help your digestive system (e.g., antacids, laxatives)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Almost Always	Often	Sometimes	Never
21. You had enough time to eat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. You missed school, work, or daily activities because of GI problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. You forgot to bring your enzymes with you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. You relied on "fast food" or snacks like soda, chips, or candy to boost your calories	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. You had GI problems (stomach ache, loose stools) because you may have missed your enzymes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**The GI Symptom Tracker is intended for informational purposes only and should not be used as a substitute for advice provided by your doctor or other healthcare professionals.**